

End the Excuses

By Chad K. Hodgson
2010 Madison's Biggest Loser

Biography

Chad Hodgson is a high school social studies teacher in Belleville, Wisconsin. After many unsuccessful attempts at weight loss, he began his weight loss journey in September 2010 by joining Hybrid Fitness' Biggest Loser program. He was able to lose 115 pounds between September and December 2010. He has been able to maintain his weight loss success by watching what he eats and maintaining a consistent workout regime.

In May 2011 he decided to pay his successes forward by becoming an ACE certified personal trainer. At his school this summer, he has been teaching a Functional Fitness class in a boot camp style format to help his students and fellow colleagues improve their personal health and fitness. Chad is currently employed as a personal trainer at Hybrid Fitness in Fitchburg, Wisconsin. He hopes to continue to pay his successes forward by helping others get moving and achieve their own weight loss and fitness goals. In October 2011, Chad will be featured in Men's Health magazine in their "Belly-Off Club."

Contact Information

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September 2010



December 2010

Favorite Recipes

Flat Out Pizzas (FUN)

I loved this recipe and still eat it once a week to this day. It allowed me to feel like I could have fun eating, but still eat healthy and lose weight.

Ingredients

Flat Out Wraps (many varieties, 100 calorie)
1.5 Tsp of Balsamic Vinaigrette (sub unsalted tomato sauce)
2 Tsp of Extra Virgin Olive Oil
1 Cup Spinach
1 Roma Tomato
2 oz. Cooked Chicken
2 oz. Crumbled Feta Cheese

Directions

1. Preheat oven to 350 degrees.
2. Place lightly oiled Flat Out Wrap on cookie sheet and bake for 4 minutes.
3. Remove pre-cooked Flat Out Wrap and top with ingredients.
4. Place Flat Out Pizza in oven for 4 more minutes.
5. Enjoy and Have Fun Eating!!

Salmon with Couscous (SOPHISTICATED)

Frankly, before this experience I had never even heard of couscous. I came to learn through this experience that lean protein can be delicious and I can get that pasta taste from a healthy grain.

Ingredients

4 oz. Salmon
3.5 oz. Couscous
1 Roma Tomato
2 oz. Feta Cheese
Lime
2 Tsp. Extra Virgin Olive Oil

Directions

1. Preheat oven to 350 degrees.
2. Drizzle salmon with olive oil rubbing down top side (non-skin).
3. Squeeze half a lime over top of salmon and sprinkle with salt/pepper.
4. Wrap dish with aluminum foil and bake for 25 to 30 minutes.
5. Put 1 cup of water in a saucepan over a medium heat and bring to boil.
6. Stir in couscous. Bring to a boil while stirring.
7. Add diced Roma tomato and Feta cheese.
8. Remove from heat, cover and let stand 5 minutes.
9. Uncover, fluff with fork, serve hot (or cold).
10. Spread couscous on plate and top with baked salmon.
11. Enjoy a healthy and somewhat sophisticated meal!!!

Exercise @ Home

Before beginning any exercise programming, you should consult your primary physician.

1. Squat with a Kick

Stand with feet together and fists up, protecting your face. Bring the right knee up and extend the leg in a front kick, without fully extending the knee. Lower leg and bend knees into a low squat (knees behind toes) and then stand and kick with the left leg. Repeat (right kick, squat, left kick) for 1 or more minutes.



2. Bicycles

Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45- degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even, relaxed breathing throughout.



3. Triceps Dips

Dips are an advanced exercise targeting the triceps. This is a compound move, involving both the elbow and the shoulder joint and it doesn't require any equipment, making it a great travel exercise. You can add intensity by walking the feet out or by propping the feet on a bench or chair. This version shows a modified dip using a chair. To keep this move safe and effective, don't shrug the shoulders but, rather keep them down and away from the ears as you bend the elbows. If you have shoulder problems, you may want to avoid this exercise.



4. Push-Ups (Modified)

Position yourself face down on the floor, balancing on your toes/knees and hands. Your hands should be wider than shoulders, body in a straight line from head to toe. Don't sag in the middle and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up. Variations include incline, decline, wall pushups or, for masochists, one-armed pushups. Do this move 2-3 non-consecutive days a week and add a rep each time you do the exercise.



5. Alternating Superman

Lie face down on a mat with your arms stretched above your head (like superman). Raise your right arm and left leg about 5-6 inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat with the opposite arm and leg.



6. Side Plank

Begin by lying on your side on the floor. Position your elbow on the floor just under your shoulder. Lift up on that elbow and keep your body stiff from head to toe. Hold this position for a count of 10 and lower your hip to the floor. Rest and repeat three times. Switch sides and repeat the exercise on the other hip. You can increase the effect of this exercise by lifting the top leg up toward the ceiling. Repeat the leg lift 10 times slowly and return to the start position. If you prefer, you can do these exercises on a hand rather than an elbow.



7. Walking Lunges

Walking lunges work the majority of the muscles in your body in a combination of isolated lower body movements the build strength, stability, balance and power. When you add an over head weight to the movement, you create an advanced exercise that targets the entire body, including the upper body and core. This exercise should be started without the weight. Try adding a light bar or 5 pound hand weights in the beginning. Over time you can add heavy weights as long as you maintain good form during the exercise.



8. Burpees

Squat and place a medicine ball on the floor. Hold onto it (keeping the hands directly under the shoulders) as you jump both feet back into a pushup position. Jump the feet forward, stand up and toss the ball in the air or at your trainer's head. Repeat for 30-60 seconds.



9. Stairs/Step-Ups

Stand behind a 15-inch platform or step and hold weights if desired. Place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right leg before switching to the left for about 1-3 sets of 10-16 reps according to your fitness level and goals.



10. Skaters

Jump from side to side, landing on one leg and swinging the arms with each jump. This is a lateral move, so keep your body low to the ground, knees bent and don't jump up too high. Repeat for 1 minute. If you don't like high impact, take the jump out and really use your arms.



Source: <http://exercise.about.com> and www.acefitness.org